



For the families and friends of those who have died by violence

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

August 2021

ANNOUNCEMENTS

Mark It On Your Calendar!

National Day of Remembrance
Saturday, September 25th, 11am—12:30pm
Rose Andum Center

Masks Are REQUIRED

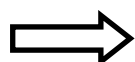
For those that are new to the National Day of Remembrance, we will start with a couple of speakers. Then anyone that wishes, can bring a picture of your loved one, step up to the microphone and say their names, birth and death dates and their age. To allow time for everyone to be able to participate in the ceremony, we ask that everyone keep their statements to name, birth and death dates and age.

To Our Newest Members:

While we are still practicing social distancing and meeting via Zoom, if you'd like your loved one's Birthday and Death Day recognized in the newsletter, please email Tiffany.

Also, if you have any ideas or topics for the welcome warmup, please email Tiffany.

Email Address:



trstarrett@comcast.net



FRONT RANGE CHAPTER

“We Are Here to Help”

www.colorado-pomc.org

1. To support persons who survive the violent death of someone close as they seek to recover.
2. To provide contact with similarly bereaved persons and establish self help groups that meet regularly.
3. To provide information about the grieving process and the criminal justice system as they pertain to survivors of a homicide victim.
4. To communicate with professionals in the helping fields about the problems faced by those surviving a homicide victim.
5. To increase society’s awareness of these problems.

LEADER

Phil Clark
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Other Resources: Healing & Bereavement, Trials and Hearings

SECRETARY

Juli Jenicek
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Other Resources: Newsletter Editor, Roster & Mailing List, Memorials & Birthdays

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This newsletter is published monthly by volunteers prior to the regular POMC meeting. It is the official publication of the Front Range Chapter of POMC.

Articles, poems, recipes and letters from members are welcomed and can be emailed to the Editor and/or POMCColorado@gmail.com

*They may be edited for length and conciseness.

Newsletter Feedback: We are OPEN to receiving! Comments and suggestions can be emailed to the Editor and/or POMCColorado@gmail.com.



LOVE GIFTS

Thank you from our Chapter for the following donation in honor of their loved one...



TRIALS & HEARINGS



DONATIONS

Love gifts are dedicated to providing restorative resources for the participants of the Colorado Front Range Chapter.

If you wish to be acknowledged in the POMC newsletter, please fill in the below and return with your check or ADD A NOTE if donating by PAYPAL.

In Honor Of: _____

Donors Name: _____

Make Checks Payable to: **POMC**

Mail Checks to:

POMC
18121 E. Hampden Ave Unit C #145
AURORA, CO 80013

PAYPAL ACCOUNT : pomccolorado@gmail.com

Donations are tax-deductible Federal ID 31-1023437



Handling Grief in the Face of Violence

by THE AMERICAN ACADEMY OF BEREAVEMENT

It's impossible to open a news site today without being confronted with countless violent images of senseless tragedy and occurrences of mass shootings, suicide bombings, and other terrible acts that bring death into the forefront of the lives of everyday people. These are ordinary citizens who have to cope with the sudden and unexpected loss of someone they hold dear because of the willful act of another. All people face death at some point in their lives, but the myriad of sudden emotions that come with a violent tearing away of a loved one need to be dealt with uniquely, and with an eye to understanding the needs of those left behind. As someone providing emotional support to another, it's essential to understand that violent circumstances create a unique counseling situation for the friends and family members of the victim, with patience and a long-term commitment being paramount.

Why Violent Death Is Different

First and foremost, with a violent death, there has been no preparation for loss, no time to ready for the absence of the person in their lives. Instead, mourning can be extended indefinitely, and standard methods of counseling may be inadequate to cover the needs of the survivors. Those who have been preparing for the death of a loved one after a prolonged illness are often at a different stage in their grief than someone who has been notified that someone they care for has been ripped from their lives with no warning.

Some of the issues that can arise from sudden deaths include:

- Frustration from the inability to receive all of the details surrounding the death due to ongoing investigations
- An extended wait in reclaiming the body of a loved one
- An inability to understand the reason behind the event itself (“Why did this happen,” “It makes no sense,” etc.)
- A feeling of helplessness in the wake of violence (“No place is safe”)

So how can that level of shock and grief be counseled when the very act that took their loved one away is so sudden? Looking at situations such as the [Emmanuel AME shooting](#) that took place in June shows that those moments where loss is felt are not contained to a short period after the incident. Months later, victims and their families are still looking to make sense of the senselessness of violence, and there are no easy answers. This needs to be understood by any caregiver, that questions will come at points that may be long past what would be a “standard” mourning period, and shouldn't come as a surprise when they're asked.

Like all grief, the reactions will come in stages. It may take days, even weeks for the person who is suffering the loss to be ready to speak about the tragedy, and even then their thoughts may be piecemeal, incomplete. In many of these instances, they're speaking to police officers, doctors, members of the media as well as friends and family who are all attempting to gain insight into the very act the grief-stricken person has not had time to fully process. It is often only after the influx of those looking for facts and figures have died away can the grieving process fully begin.

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Children are a special group

When violent death happens, so often the smallest mourners are overlooked or absently coddled. They will receive hugs, but not answers to their questions. For children, there is no filter from experience to handle taking in the full horror of what has occurred. They feel the full impact of their loss in one devastating blow and haven't had a lifetime to learn coping mechanism that will help them through the worst of their pain. Counter to that, the mourning period itself can be extensive because very often children are not able to process through grief in the same way as adults, and the permanence of death may not be fully grasped.

In addition, different age groups may have radically different understandings of what is going on around them. All of these factors need to be taken into account when approaching a child suffering from traumatic loss. Most importantly, understanding and awareness of their needs will go a long way towards allowing a child to express their grief in a positive, healing way. The National Criminal Justice Reference Service provides a particularly comprehensive guidebook on the special circumstances surrounding children and traumatic loss.

Be prepared for the long term

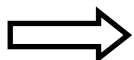
Grief is a lifelong process no matter the circumstances surrounding the loss, and moving from the initial stages of pain to maintenance will take time. The process of coming to terms with a violent loss can be a long one. As psychologist Curt Drennen states, it is important to take the counseling process slowly, to move at a pace that is the most beneficial to the one who is facing a life without their loved one. Though the impulse to quickly help "fix it" is strong, to alleviate the pain, the opposite may occur if the process is pressed too vehemently.

As someone reaching out to another for support, it is basic comforts that can be the most helpful:

Being on hand during significant periods in the life of the person who has been lost (birthdays, holidays, etc)

- Helping to curtail "avoidance" behaviors (hypervigilance, avoidance of crowded places, refusing to drive, etc.)
- Assuring those in mourning that their reactions are not "wrong" because they're not the same as others even within their own family; each person mourns in their own way
- Allowing the mourner to speak about their loved one in their own time, and being available to listen to what they want to talk about, when they want to talk about it
- Avoiding empty platitudes ("I know how you feel," "Give it time," etc) as they can simply exacerbate the already painful situation

In conclusion, it's best to be well-educated in how to handle the situations that arise during any time of mourning, but it's essential to understand the unique situation brought about through a violent death. Sensitivity and awareness of the mourner's particular needs is tantamount to ensuring you are providing the highest quality and most effective care to them in their time of emotional crisis.



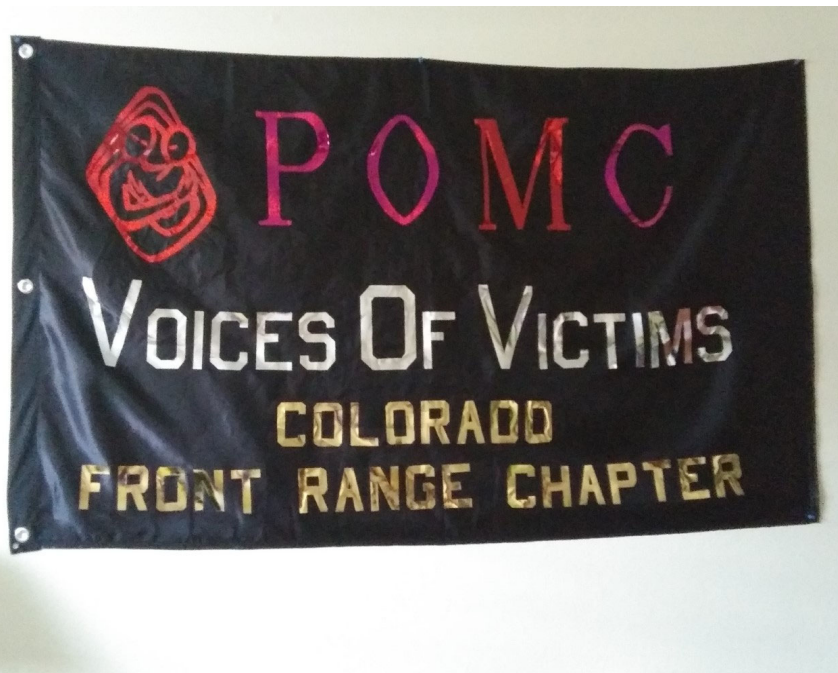
Resource: [Handling Grief in the Face of Violence \(thebereavementacademy.com\)](http://thebereavementacademy.com)



COMFORT CORNER: SELF CARE

Giving herself the opportunity to artistically express herself during COVID, Betty Byrd has handcrafted this beautiful flag for our chapter. Isn't it AMAZING??!!!!

Thank you Betty!





MINDFUL MEMES

One way to start
challenging
trauma...

is to experience
GOODNESS on the same
level that **TRAUMA**
SYMPTOMS are
experienced....

IN THE BODY.





ONGOING HOPE

A Message From Timmy (a furry support partner):



“I MISS YOU! Can’t wait to be with you in person again!”



BIRTHDAYS REMEMBERED

David Blea	8	1	1967	Gertrude Brown/Nussel	8	22	1906
Tiff Vainey 5th	8	1	1984	Joni Edwards	8	23	1962
Bill Leis	8	3	1948	Josh Harman	8	23	1984
Brandon Hurtado	8	3	1978	Steven Robert Curnow	8	23	1984
Eddie Wayne Hairston	8	3	1961	Justin A. Archuleta	8	26	1975
Cody Martell	8	4	1966	Justin Andrew Archuleta	8	26	1975
Blaine Eric Noble	8	6	1974	Justin Archuleta	8	26	1975
H Gregory Jukiewicz	8	6	1975	Maximus Anthony Lopez	8	26	2017
Kevin	8	6	1971	Heather Victoria Reyes	8	29	1975
Trevin Eno	8	10	1970	Rebecca Lynn Ochs	8	30	1971
Jesse Maldonado	8	12	1977				
Earl Mitchell	8	13	1907				
Phillip Dearing	8	13	1980				
Carmina "Nina" Anderson	8	14	1930				
James Mendoza	8	14	1989				
Lysa Beth Moser	8	14	1962				
Cindy Jolene Tiemann	8	15	1959				
Michelle Leigh Cospers	8	15	1973				
Larry Heil	8	16	1962				
Angelina Sicola	8	17	1992				
Leon Nuanes	8	17	1975				
Matthew Foley	8	19	1980				
Christy Marie Brown	8	20	1975				

*We apologize if we have missed any dates or they were posted incorrectly. Please alert the Editor know and we will update our records accordingly.

Thank you!



IN MEMORIAM

Colin Ehlers	8	1	1998	Michael Ned	8	28	1992
Sid Wells	8	1	1983	James Mendoza	8	30	2009
Jerry Schild	8	4	2012	Ricky Bobian	8	30	2009
Robert James Schoen	8	4	1998				
Damon J. Murphy	8	6	1991				
Donald Hubbard	8	7	2011				
Joel England	8	8	1998				
Trevin Eno	8	8	2017				
Rickey Ritter	8	11	2006				
Daniel Kitts	8	14	1973				
James Darrell Steele, Jr.	8	14	1995				
Mary Anne Southwick	8	14	1993				
Robert A. Vinci	8	14	1990				
Rodney Lee	8	14	1999				
Ray (Paisano) Linebarger	8	16	1993				
Micheala Carol Hanson	8	18	1988				
Cecelia Vigil Talavera	8	21	0				
Charley Richards	8	21	1992				
Michelle Leigh Cospers	8	23	1988				
Matthew Worden	8	24	1995				
Tami Krizman	8	24	1995				
Paul Anthony Ciaramitaro	8	25	1988				
Devon Smeltz	8	26	2016				
Tammy Lamberty	8	26	1994				
Marcos Torres	8	27	2005				
Mary Buso	8	27	1993				
Brandon Cruz Sigala	8	28	2011				



MONTHLY MEETINGS

Support meetings are held the 3rd Saturday of every month
at **7:00 PM**

For Year: **2021**

January 16*

February 20

March 20*

April 17

May 15*

June 19

July 17*

August 21

September 18*

October 16

November 20*

December 18

****Board meetings are held the 3rd Saturday of every other
month at 5:30 PM***

Due to COVID:

***Both Support and Board meetings are being held
via ZOOM.***

***Email POMCColorado@gmail.com to receive
an invite.***

POMC
18121 E. Hampden Ave Unit C #145
Aurora, CO 80013

ADDRESS SERVICE REQUESTED